

When we talk about “**life**”, we usually mean **natural, physical life**—the ability to breathe, grow, eat, and move. This life is shared by all living creatures—humans, animals, and plants. It is the life of the **body**.

The Bible confirms this natural life:

“The righteous care for the life of their animals, but the compassion of the wicked is cruel.”
— Proverbs 12:10

This *Life* is the biological life God has given to living beings. It is necessary for survival, but it is temporary and limited to this earthly existence.

What is *Life*? The Spiritual and Eternal Life

The Bible reveals a deeper kind of life called “**Eternal Life**”, which is best understood as **eternal life** or **spiritual life**. This life is not merely physical existence but a **quality of life that comes from knowing God personally through Jesus Christ**.

*"The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly."
— John 10:10*

Here, Jesus contrasts the natural life with the abundant life that He gives—a life characterized by fullness, joy, and eternal significance.

Body vs. Spirit

- Life refers to the **physical life** of the body, shared with all living creatures (Genesis 2:7; Psalm 104:29-30). Plants and animals have life but **do not have eternal life**.
- Eternal life refers to **spiritual life**, the life of the soul that continues forever and is found only in a restored relationship with God through Jesus Christ.

*"Now this is eternal life: that they know you, the only true God, and Jesus Christ whom you have sent."
— John 17:3*

This verse defines eternal life not just as endless existence but as

knowing God personally, emphasizing the relational aspect of Eternal life.

Why Does This Matter?

Anyone outside of Christ has physical life but lacks eternal life. They are alive in the body but spiritually dead (Ephesians 2:1).

“And you were dead in the trespasses and sins...”
— Ephesians 2:1

Those who receive Christ are given eternal life, which transcends physical death.

“Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him.”
— John 3:36

Do you have eternal life in you?

Is Jesus Christ truly a part of your life, or are you only alive physically?

Without Christ, life is limited to this world and ends with death. With Christ, life continues forever, in intimate relationship with God.

The Lord is coming!

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